

**NOUVEL CATHOLIC CENTRAL HIGH SCHOOL
HEALTH AND PHYSICAL EDUCATION DEPARTMENT
NUTRITION COURSE SYLLABUS**

COURSE DESCRIPTION:	<ul style="list-style-type: none"> • This course will teach students the importance of a well-balanced diet along with exercise. The course will also offer students a more in depth look into MYPlate with a broader understanding of how the food groups, along with vitamins and minerals help our bodies grow. The students will be able to try new cultural foods by making them at home and bringing them in, as well cook in the NCC cafeteria when available with the understanding of basic culinary skills, to prepare the students for college and the real world.
MAJOR COURSE GOALS:	<ul style="list-style-type: none"> • Students will learn about overall wellness and food choices, along with an active lifestyle with physical fitness. • Students will learn about different cultural foods. • Students will learn about Food and Kitchen Safety. • Students will learn about Food and how it effects your body. Nutrients; Dietary Guidelines; MyPlate. • Students will learn more about Nutrition for Life: Choices for your Healthy Weight; Fuel Up for Sports; Nutrition Throughout the Life Cycle; Vegetarian Choice; Special Health Concerns. • Students will learn about Smart Food Choices. Consumer Issues Fact or Fiction; Planning meals; Shopping for Food; Eating well when away from Home. • Students will learn from kitchen to table. Proper Kitchen Equipment; Skills for Preparing Flavorful Food; Basic Cooking skills; Organizing your kitchen. • General knowledge about foods. Grains; Vegetable; Fruit; Milk; Meat, Poultry and Fish; Eggs, Beans, Nuts; Fats and Oils. • Students will learn how to combine foods like Salads, Yeast Breads, Mixed Foods and Snacks, and Desserts. • Students will also have the opportunity to cook in the Nouvel Cafeteria learning basic cooking skills. Measuring, gas vs. electric ovens.
COURSE ASSESSMENT PLAN:	<p>This class will be based on classroom work, outside cooking assignments for students to try, and participation with projects. Students not participating or turning in assignments will receive a zero after days of missing the assignment with a phone call home, or email explaining the reason. Students will have a cumulative exam at the end of the semester.</p>
SUPPLIES AND MATERIALS NEEDED:	<p>Students will have background knowledge by using the Glencoe Health Book, and the Food, Nutrition and Wellness textbook. Students will also receive outside sources from Magazines, internet from the instructor.</p>

EXTRA HELP:	I teach classes second to seventh hour during the semester. I will be available to meet with students during my 2 nd hour prep period if okay with the teacher, at lunch or after school.
INSTRUCTIONAL PHILOSOPHY:	<p>All students learn differently and the student learning process can be interpreted by learning new skills, and extending their understanding of familiar concepts. Based on this understanding, I as an instructor will differentiate or adapt instruction to fit each learner's needs, styles, and abilities.</p> <p>In this role, as instructor, I:</p> <ul style="list-style-type: none"> ✓ Assess students' needs and abilities in a variety of ways (observation, student conference, diagnostic test of a skill). ✓ Design a variety of ways that students can gather information and explore idea (listening, reading, viewing,--resource-based learning). ✓ Provide a variety of options for teacher evaluation and student self-assessment.
MAJOR COURSE PROJECTS AND INSTRUCTIONAL ACTIVITIES:	Students in the Nutrition class will do a semester long nutrition and exercise log. Students will always present on a cultural food and share with the class the food that was made. Students will create a food meal plan for an athlete in a particular sport. They will also break down the Food Pyramid and explain the importance of each.
CLASSROOM EXPECTATIONS:	Students are expected to be in class on time with their book, notebook/ binder. Students that come into class tardy 2 or more times will be written and subject to either a detention or suspension according to Nouvel Catholic Central's Student handbook. Students will need to show respect for each other; being responsible for the work; most importantly have fun.
HOMEWORK POLICY AND GRADING SCALE:	The courses are graded on participation, homework, and class work. Instructor will stress that each student does the best that they can. This class is a wellness course designed to bring awareness to the students on the topic of Nutrition. My expectations for the students is to learn something new about Nutrition, and Nutritional trends in the US and abroad.
CONTRACT INFORMATION:	L. Scott Frankland: Email: sfrankland@sacshools.org Phone Number: 989-790-4330 or ext. 2454.